

Genetic Changes

by **Barbara Marciniak**

1990

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Here is the original story about 12-strand-DNA channeled by Barbara Marciniak almost 10 years ago. Since this time many new discoveries have emerged, but the original is still one amazing and interesting article.

Teachings from people of the Pleiades,
 transmitted through Barbara Marciniak while in a trance state
 Friday, November 15, 1990 - 7:30 PM
 Terman Auditorium, Stanford University, California

THE PLEIADIANS are a collective of extraterrestrials from the star system the Pleiades. The Pleiadian culture is ancient and was "seeded" from another universe of love long before Earth was created. They have formed a tremendous society which operates with love, with ideas and ideals that we are yet unfamiliar with. The Pleiadians call themselves our ancient family because many of us came here from the Pleiades to participate in the new experiment of Earth. The Pleiadians are now here as ambassadors from another universe to help Earth through her difficult transition from the third dimension to the fourth dimension and to assist each of us in our personal endeavors of awakening, remembering and knowing.

BARBARA J. MARCINIAK has been a student of Metaphysics for many years. She gives credit to the [Seth material channeled by Jane Roberts](#) for her insight into the necessity for conscious, intentional creation of personal experience. Barbara travels extensively. In Athens, Greece in May of 1988, she began channeling the Pleiadians after she and a group of friends experienced a spiritual awakening in the Great Pyramid at Giza. Barbara currently lives in Raleigh, North Carolina where she gives class sessions and workshops with the Pleiadians.

In transcribing the audio tapes into written words, it is impossible to capture and portray that portion of the information that is presented by the Pleiadians through emphasis, intonation, and feeling expressed through their spoken words. However, I would suggest that if one is interested in a deeper study of the information and concepts presented, one might want to order copies of the tapes from: Barbara Marciniak Bold Connections Unlimited P. O. Box 6521 Raleigh, NC 27628

Good evening!

We are here. It is our pleasure to be in your reality once again, especially in this most auspicious setting... We are pleased. We understand that those of you who are of light frequencies have drawn us here. Congratulate yourselves on your cleverness. It is not easy to get our vehicle (**Barbara Marciniak**) to travel around and go places, she has a mind of her own. And that is as it should be, and as it is, and as it will be. Understand that all of you need to have minds of your own, and come into contact and into charge of your own life. So, we are excited to be here.

We are, of course, the Pleiadians, and we are broadcasting live from Stanford University, in Palo Alto, California, among the auspicious hallways of the renowned intellectuals and soon to be renowned cosmic travelers of this, your planet, Earth.

So, we would like to speak to you about a variety of subjects this evening... "Genetic Encoding"... Is that the title that has been given to us? Well, we will expand upon it. We would like to talk to you about the harmonics of frequency modulation and the human DNA. Sounds boring as can be, does it not? But we guarantee that we will give you an exciting time tonight, absolutely, positively!

It will be up to you to demonstrate how clever you are... How much you perceive... Those of you who are familiar with our work understand that we are not the encyclopedia of the Universe, though we can pride ourselves that we can be upon occasion. When one has an encyclopedia in front of oneself all of the time, one simply begins to regurgitate what someone else has called truth. Yes? And you have all been, some of you, impeccable regurgitators, with letters, etc, after your name. Yes? You have valued that regurgitation, as it would be. We would like you to begin to use other sources of information, to begin to access the human creation, and to unfold it through a variety of new methodologies.

Frequency modulation and the human DNA... It is a grand story. This is part one of a two part session. We are going to speak to you to set the tone, to set the history — a little bit — of your planet. And then we will see what questions you will have to further comprehend the story...

Mankind is an experiment. Mankind has been designed. So has just about everything else that exists within Creation. Prime Creator — we will use that term — began the whole shebang a long time ago, in this that you call your local universe, for an experiment, for greater, what would be called from your terms, self exploration, self gratification, self expression. *Prime Creator*, as it would be, brought energies and essences to life, extensions of itself in this that you call your local universe, endowing extensions of itself the same gifts that it had. Prime Creator in your local universe gave willingly and freely of its capabilities. Now there are many other universes, many other ways of designing universes. This one is designed as a free will zone. All would be allowed. All things.

And so, these extensions of the *Prime Creator* went out, and began to experiment with the Prime Creator's energy as it existed within

themselves. And of course they took to task what the Prime Creator said. The Prime Creator said, "Go out and create, and bring all things back to me." Quite a simple assignment, is it not? "Go out and create, and bring all things back to me." In other words, "I am going to gift you of myself, you go out and gift of yourselves freely, so that all that you create in this universe can understand its essence, my identity." We are anthroposophizing our Prime Creator a little bit here...

Now, these energies – we will call them *gods*, *creator gods* – went out, and began to create their own hierarchy. And each succeeding hierarchy created another hierarchy, to endow, to assist in the development of this, your local universe. Eventually, in one of the galactic systems, the plan came together to create the place that is called **Earth**, designed originally to be an intergalactic exchange center for information. Ahh, an incredible plan, a beautiful place, located on the fringes of one of the galactic systems, ideally to be reached from one galaxy to another, existing close to many what would be called way portals, the highways that exist for energies to travel throughout what you call your space zone.

So, the original plan was brought about, and let us say that there was impeccable scurrying and shuffling, all kinds of things, to bring about individual representatives of all of the galaxies, so that they could have their representatives here upon this planet. Now some of these creator gods, as their jobs were defined to be, were what would be called master geneticists, able to take some of this stuff... the creator gods were able through their hierarchies to bring about and discover and to tie these molecules together, encoded molecules of identity, of frequency, of electrical charges, to create life.

And so many sentient civilizations, many, many, many, gave of their DNA, willingly, to have a representative of their coding, their DNA, on this planet. And the master geneticists set to work, and they designed what would be called varieties of species, some human, some different than human, some what you call animals, all by playing with the varieties of DNA that the sentient civilizations contributed to make this exchange center of information, this light center.

When we speak of **light**, we speak of information. Those of you who have had experiences where you allowed light to come into your physical body, unflaggingly know that once you expose yourself to light, you begin to increase the amount of information. Your perceptions, everything about yourself, begin to change... You begin to awaken. The darkness of the veil is removed. So when we speak of light, we speak of the return of information, the intending of bringing a great amount of information to this planet, whose frequency has been drastically controlled, but that comes later in the story.

So, the plan of the Earth was a grand one... And as these creator gods did not exist in time as you know it, let us say that a few hundred thousand years, a few million years, in their terms, were nothing. And different energies were brought to existence. There have been species of man, yes, just like you, man looking like you, whose DNA were intact at one time, who developed very highly evolved civilizations. This, of course, was a long time ago...

We are speaking prior to 500,000 years ago upon your planet. We are not speaking of civilizations that you call Lemuria, or the civilizations that you call Atlantis... That is what we call *modern man*. We are talking about civilizations that are ancient, civilizations that, to give you a little scoop, for those of you who like a scoop... Let us say that they are buried under some of the ice caps under what is called your far, far southern continent, Antarctica. But that we will save for another evening's discussion.

So, this project, as it would be called, Earth, was fought over. It looked enticing. It looked to be something of desirability of ownership by others, and so during Earth's early history there were wars in your space for ownership of this, your planet. Had you ever wondered who owns Earth? Prime hunk of real estate? You think that it is ownerless in space? Ahh, you have something to learn about space territories.

So there were changes, as it would be, of administration. And the original planners, who by the way, we will say the original planners of your universe, of course, were of the family of light. They designed an information center, they designed a place where galaxies would contribute the information. The Earth was to be a library, do you understand, a cosmic library, a place of incredible beauty, a place of experimenting how information could be stored through frequencies, through the genetic process.

So, the skirmishes took place. Different zones of the Earth became, let us say, lost, to certain original owners, and the Earth became a place of duality. It became a place of course in this free-will universe, where others, who had the right to do whatever they wanted, because it is free-will, came in and took over. We call it raiding your Earth. They did like corporate raiding on Wall Street. Do you understand? They raided the Earth. The raid that you are now to be concerned about is a raid that occurred approximately 300,000 years ago, what historically speaking you would call, from a Biblical point of view, certainly from most of your esteemed scientifics, the beginning of human civilization. But it was only the beginning of the later phase, as we said, what we call modern man.

The interesting thing about the skirmish that occurred about 300,000 years ago, is that a certain group of entities came, and they fought in space – as of course many others have fought in space for this Earth principality, this territory, this prime hunk of real estate – and they won. They beat out light. It gives you a new idea of light, doesn't it? So it became their territory. There was great radioactivity, nuclear action, much of the Earth was rent asunder. And the original species, *the Adam man* as it would later be called, was in great destruction... Scattered...

So, those new gods, those new creator gods, were also master geneticists. They understood the process. They understood how to create life. They wanted this territory for their own reasons. Let us give you another hint about why territories are created, and why territories are held.

There is consciousness in all things. This your scientists will one day step off of their ladders and begin to realize. And then you will begin to really own the planet yourselves. There is consciousness within all things. Consciousness communicates continuously. Consciousness vibrates, or can be led to vibrate, at certain, what would be called electromagnetic frequencies.

Electromagnetic frequencies are very interesting. They tend to act in a variety of ways. One of the ways that we are going to be concerned about in speaking with you this evening is that **electromagnetic energies of consciousness can act as 'food'**. Feel that concept out... It can act as food. So, that means that just like apples can be prepared and eaten and ingested, in a variety of ways, perhaps consciousness could be prepared and ingested in a variety of ways. Do you understand?

So, some entities, in the process of their own evolution, began to discover that as they created life, and put consciousness into things through varying the frequencies, through modulating the frequencies of forms of consciousness, they could feed themselves. They could keep themselves in existence. They began to figure out that this is how the Prime Creator nourished itself. It sends out others to create a food source for itself.

Now, the new owners of your planet, this principality in space out on the fringes of your galactic system, had a different appetite, different preferences than the former owners. They nourished themselves off of fear. They nourished themselves off of chaos, though fear was their primary food source. In some ways, it fed them, it stimulated them, it kept them in power. Understand?

So 300,000 years ago, [these creator gods that your Bible speaks of, that the Babylonian tablets speak of](#), that texts all over the world, in actuality, speak of, they came, and they rearranged what would be called the native species man. And they rearranged what would be called your **DNA**, in order to have you broadcast within a certain limited frequency band. This has been going on for a long time now.

- What part do you play in it?
- Why are you here?
- Why are you created here in this story?

For some of you, this is just like a dream. We are reminding you of what you know inside of yourselves. We have come onto your planet to trigger your memory banks. We have come onto your planet to inspire the human race through the family of light, to begin to create their own reality. We, as **Pleiadians**, create our experience. We come back through what is called time in your terms, into what would be called perhaps, our past, into a vestige of representatives of light, in order to share a frequency with you, a frequency that each one of you has agreed to carry on this planet, to change the DNA of the rearranged human race. This is a big story... It could make headlines, you know.

Now, of course, the original planners were not about to lose the territory – did you think they were going to give up so easily? Of course they exist in a different time sector than you. So, the new owners came and worked in their laboratory, and created workers, created versions of humans with a different DNA, *the two-stranded double-helix DNA*. They took the **original DNA of the human species**, and they disassembled it. Yes, isn't that clever? They disassembled the original DNA. And they left it, of course, within the human cell. They simply split it apart.

Within the human cells are what we call light encoded filaments, fine gossamer threads of energy that carry information. And when those gossamer threads are working together, like a cable, fiber optics as it would be, they form the helix, the helix of your DNA. Of course when you were rearranged, you were left with two helix, the double helix, half lit. In other words, anything that was unnecessary, that would keep you informed, was unplugged.

And so you were left with a double helix that would keep you in what would be called certain controllable, operable frequencies. And you were set, of course, on your free-will zone... You, we are speaking of the humans, not necessarily those of you in this room, of course... You are the family of light, which is more than human, much more than human. We will get to that in a bit.

And so, let us say that something like an electrical fence, a frequency fence, was put around the planet. Some of you have seen what your technological scientists have created, an electrical fence that you can keep animals with in? So it is that the electrical fence was put around your planet, as a control as to how much the frequencies of the humans could be modulated and changed.

So, as the story goes, this frequency was set around the planet, and it was made very difficult for frequencies of light, frequencies of information to penetrate. And, when these light frequencies were able to penetrate the frequency control, who was there to receive them? The DNA was unplugged. The light encoded filaments were no longer organized. And so the creative cosmic rays that bring life did not have something to plug into and to hold onto.

Now there were many noble experiments. And of course the original planners began to call on what would be *the family of light*, to go to infiltrate the project to begin to incarnate, to begin one-by-one to bring light information into the place it was lost.

And so the family of light began its work here, coming into a system that was devoid of light, devoid of information, and allowing through what would be called the redefining of the laws of man to let these creative cosmic rays pierce the body, individual by individual, and then group by group. In very small numbers throughout these eons were these frequencies of information brought onto your planet. In times, great battles were fought, wars were fought, information was always looking to be expressed. The original planners knew that, cosmically speaking, this was a lesson for them, in allowing and understanding the creator gods who took their project.

And so they set about to create their own version of a plan, at a time when the frequency of the Earth would be altered, a time when the owners would perish if they could not change their frequency. Their food source would be taken away, food source of fear, food source of anxiety, chaos, hunger, despondency. Get the picture?

Guess who is removing the food source? You are! As members of the family of light, you are renegades. You are system busters. You love to go in and cause trouble. You are famous, your branch of the family of light... Your division, you are famous for going into systems of reality and altering the frequency bringing always information. It is not your task, as members of the family of light, to proselytize...

You simply, as members of the family of light, go into systems, and you act as a receptacle, and you receive the creative cosmic rays into your body, the bodies that you occupy as humans, because you are in disguise as humans, and you begin to allow a process to take place.

Because you are codified, and your memory begins to rise and you begin to respond to the plan that you came here to participate within, to alter the frequencies, to hold, to keep, to maintain a certain frequency, and then to live it, and as you live it, you affect everyone, every place that you go. This is what you are doing now.

There are many who understand their assignment. There are many whose memories are beginning to rise. We will explain in a few minutes how those memories begin to arise.

The plan to change the frequency modulation of the human species has to do with the rebuilding of what would be called your **DNA**, the rebuilding of the light-encoded filaments. There is a plan that is gigantic at this time. That you, as members of the family of light, are operating in many, many places. In other words, you are not just on assignment on Earth.

You are multidimensional, and you have many other versions of yourself where you are busting systems. Paradigm breakers as it would be. So it will be part of your assignment to make contact with these selves, and to understand how other versions of your selves are handling their dilemmas, how they are busting their systems. Because you see, there are certain *gods*, as you would call them *gods*, who are behind this process, what would be called a universal process.

Right now, it looks like it is a very local, Earthly process... It is much more involved than all of that. The Earth is assisting, in its own way, the evolution of the Universe. The Earth is where things are happening at this time, it is the destined point of frequency modulation, and the **human DNA** is the recipient and the beginning of this whole process that is going to affect many, many, many worlds.

So, as members of the family of light, you agreed to come onto the Earth many times, in many guises, and many different time frames

as it would be, to learn the ropes, to figure out the territory, as it would be, to become trained to experience Earth and to prepare yourself for the time when the frequency alteration would be designed into the plan, and where you would all be called to incarnate in large numbers, and to bring the plan into action.

This is the plan that is in operation, as we can most neutrally explain it to you, on your planet at this time. This is why the family of light, everywhere, is beginning to unite. One thing you must all realize: you must focus on what you have in common, not what you do not have in common. As members of the family of light, you bring information to the planet neutrally to stimulate your own growth. You need to do this.

The specifics of the plan have to do with an evolving DNA, a DNA that will evolve from two helix to twelve helix. These *twelve helix* will correspond to what would be called energy centers, chakras, vortices, whatever clever name you wish to attach to them, inside and outside of your body. There are millions of you at this time on the planet on assignment, who have agreed to do this. Handfuls of you are becoming impeccable. The handfuls are affecting the others, and soon you will begin to have great clarity as to who you are, and what your assignment is.

The chakra centers inside the body are seven, seven basic ones as they have been understood on your planet for a while, although they are simply, let us say, representatives, token representatives of certain areas... There are many, many energy centers in the body.

In order not to blow the experiment, so to speak, and to have the frequencies of humans blow their minds to bits, as it would be, great care was taken to bring certain rays, and to temper them, so that humans could evolve quickly with the changes of knowledge, identity, and information. The third helix, when it was evolved in the human, brought about the recognition of feeling, and brought back to the planet the use of the third chakra center. The first two helix, or double helix, are involved with your first two chakra centers, *survival* and *sexuality*.

And if you look around the planet, you will see that the large majority of those on the planet are cycling through those two centers for eons, over, and over, and over again. The third helix, as the light-encoded filaments begin to bundle, open the potentiality for this (*solar plexus*) area of your body, the feeling center, where you can begin to perceive information... Where you can begin to perceive reality... Where you can begin to feel connected to your environment, your Earth.

The three helix, once they were taken in certain human bodies, in time, would evolve to three more. They would correspond to the fourth, *chakra of the heart*, the fifth, the *throat*, and the sixth, the *third eye*. They would begin to move the experience of man upward, beyond the same old junk, into something grander, into something compassionate and loving and feeling expressive in new vision, to really be able to experience and not just say it.

Then, the next three connect to the crown, which when open, allows the frequency of light to enter, to rearrange the body, to connect man with his spirit self. It is the doorway, the gateway between the physical and non-physical. The seventh, the eight, and the ninth... The eight is an information center located outside of the human body, for some people a few inches, a few feet, for some, many feet, maybe even many miles, depending on how far one is able to push one's information gathering center. The ninth chakra, of course, is a chakra center that exists outside the atmosphere of your planet. So, it is a planetary chakra. It gets you in touch with the energies of your planet, and the areas in space just outside your planet.

The final three helix, which have not been implemented in most humans on a general frequency basis...

We can tell you that the story of the helix involved the evolution of the solstices and equinoxes throughout this year, and the final three of the twelve, for those who are able to handle this mutation of energy, will come about in the month of December, in a period of 33 day energy acceleration (December 1st through January 2nd), where these rays will begin to further rearrange those who have been already rearranged.

Now the final three chakras... What are they going to do? They are going to connect you with your 10th, 11th and 12th centers. You are going to begin to accept, in great volume, off-planet information. And off-planet realities are going to begin to really show their faces. They are going to begin to be acknowledged. Because that is what is necessary. The final three... The 10th is a solar chakra. It exists within your solar system, feeding you information. The 11th is a galactic, and the 12th is a universal, out in the auspices of your universe.

Once you, as members of the family of light, are able to take this mutation into your body, and are able to integrate various centers of information, what will happen to you? You will go beyond your personal dramas. Many of you are already beyond your personal dramas... The nitpicking, the aggravation of everyday life. You relate to it, yes, so that you can understand how humans contract themselves. It is not for you to become entrenched in these dramas. It is for you to understand that you create your experience, to become a conscious creator.

And more than that, to become a conscious rememberer of who you are. So as the 10th, 11th, and 12th chakra begin to open themselves, many off-planet energies will begin appearing in your lives, and appearing on your planet, as more, and more, and more of you hold this frequency. As you hold this frequency, you bring information onto the planet. You bring information that will astound and shock most of the world. This process will grow and change over what we call about a 20-year period.

Already many things in certain portions of your world are coming out, and in others they are still in the stone age. There will be a merging of identities, there will be a merging of cultures, there will be an infusion of many new world orders. There will be much chaos and much confusion. As members of the family of light, you are to observe it, you are to understand that here is an evolutionary process taking place, frequency modulation, and that those who can handle the changed frequency by all means will evolve.

And those who *cannot handle the frequency modulation*, by all means still create their reality, and they are never ever, ever, ever victims. The planet is jam-packed with humanities at this time. Those who are here knew damn well what was going to occur in this place, they wanted to be in the vicinity of great change. So that, in a nutshell, is the plan. It is a good plan, is it not?

We have done our best to give you a summary of what has been going on, what you have been battling against, around, and for. And now we would like to turn it over to you to have questions.

We understand that all of you would like to speak to us, or many of you, so intend in your mind what you would like us to speak about, and sometimes through someone else's question we can weave in your answer as well. We are very good at reading the energies of those humans that we come into contact with, and it is our intention to assist you, as best we can, as you are here on assignment.

It is our intention to bring you a sense of upliftment, a sense of understanding that there is a divine plan in operation. And we would like to remind you that all you need to do is become clear about what it is that you are wanting, and you can move onto the highways of the divine plan, and begin to operate with impeccability, operate with ease. We will discuss some of the methodologies if this is what you

are interested in. So let us turn it over to you.

Question: I have had personal experiences with beings who seem to live off of disharmonious emotional energy. It seems like those beings will almost have to make a decision, that if that food source is cut off, they are destined to...

Answer: Starve! And guess what, they don't want to starve. And guess what, they are coming back here. They are here, because they understand that there is a system busting going on. So they are here to create greater havoc and fear, to fight once again for this territory. Do you understand this? Their food source is very important to them.

Question: Then, what is going on in the [Middle East](#) would be an excellent way to provoke a lot of food...

Answer: Yes. Very good. Also, since you have mentioned the **Middle East**, let us give you a little tip on the Middle East. As we said to you in our story, the area of what would be called [Mesopotamia was where the story was launched, where these creator gods made their home base some 300,000 years ago](#). Understand now, that there are [portals](#), or what would be called *energy chutes*, where one must enter onto planetary existences. [There is a gigantic portal in the Middle East](#), a pathway of entry onto your planet, that certain creator gods have owned and occupied for 300,000 years.

There have been raids, there have been fights, there have been all kinds of things over this portal. Through this portal, the frequency of mankind can be controlled. It is not the only portal, there are many other portals, although this is the prime portal that is being fought over at this time. [Those creator gods who were here 300,000 years ago are returning](#).

They are still in existence. They do not live, operate, or exist under the same laws that you do. In other words, 300,000 years is not too long to live for them, do you understand this? That is your time sector, not theirs. They travel through what would be called space. They are very interesting creatures. They have helped [develop](#) your civilization. They have helped [destroy](#) your civilization.

Even amongst themselves they argue and fight. Believe it or not, creator gods do this. Now, back to the question... They are losing control of the planet, so they go back to their prime portal, and they create fear and chaos in their portal area, because that is their nest. Their **nest** is not above ground, their nest is [undemeath the ground](#).

Question: Then this ties in with [the Greys and the Dracos](#)?

Answer: It is all part of what would be called a *hierarchy*. Many of those within the hierarchy do not understand how things operate within the ranks, just as those within the United States military service do not always understand the military hierarchy. It is very compartmentalized. That is a way of maintaining control: compartmentalize the power.

Question: For us who are of the light, is there something that we can do consciously to help starve these...?

Answer: Yes... Maintain your frequency. Absolutely. The way you can best operate at this time is to be a [keeper of your own frequency](#) and not going around saving everyone else. Doing everything in your power to keep yourself consistently aware, consistently in understanding of what is going on, and consistent with the frequency of light which brings you information, and a frequency of love, which is the frequency of creation.

You see, what is happening now, as the food source is being taken away, and the frequency barrier is being pierced... Earth's gridwork is being released. **Earth**, in actuality, *is going through an initiation*. [Earth cares about all of its inhabitants](#). And Earth is evolving as its inhabitants are evolving into an existence where greater possibilities are everyday occurrences... Where miracles can become the way of life, because they exist within the frequency that becomes available.

Each of you assist in making that frequency alive on this planet by living your lives according to your light, according to what you know. This work is a work of individual nature. Yes, you work in groups, and you have certain leaders. But you must, as individuals, evolve yourselves. For as you evolve yourselves, and as you are led by your light to live a certain way, what occurs is that you begin to change society.

Question: Who exactly are those beings who think they are the owners?

Answer: They are space beings. They have what would be called their own home in space. They are evolving. They are creator gods. They can create life, although in some terms there are those who would kick them out of *the creator god club*, because they feel that they do not value the life that they create. Yet in Prime Creator's universe here, all things are love. Because as all things are love, many, many lessons are learned. So, these beings are space beings who came here, whose stories are in the ancient manuscripts; they won the fight. They came here because they wanted this place for their own reasons... For many reasons.

They were [miners](#). For one thing, they wanted to explore inside of the Earth, and what was inside of the Earth. One of the things that is very interesting about your education upon your planet is that all of *the advancement and understanding of what is going on in your Earth is not made public in the university systems*. It is very a secret science, [the inner Earth science](#), one that is rather shocking. These beings have great machinery and they have built, or added onto existing tunnel systems. They are great tunnelers. They have built many, many [systems underneath the surface of your Earth](#).

These beings like to *work behind the scenes*. They would not be humanoid in your terms. They would be designed of a different collection of molecules. Some of them can be labeled [reptilian in nature, that is why they are nicknamed the lizzies](#). We believe that if you look around your society at this time, you will recognize... Some of your television shows, certainly from the toys that your children play with... Their return, their re-emergence into your society. There is quite a subtle program out to introduce you to **your reptilian ancestors**.

So, they came to take this planet for whatever reasons. They wanted to control the frequencies to have a food source, to mine the interior, to set up a control base inside the interior, and then [they set other beings to play with the Earth](#), to create patterns of thought, by inserting holograms onto your planet, to influence an entire generation to change the course of their beliefs through events. [They have been behind most of the major religions](#), or the distortions of the major religions. They are very interesting characters.

Question: Are they losing control?

Answer: Let us say this... They do not think that they are losing control. Do you understand? Because light is underestimated on this planet, absolutely. The nature of the drama of your planet is quite interesting. Whenever there is a frequency modulation of an existing system, in other words, whenever an existing system is about to change, and the idea or the concepts that the system exists within is about to evolve itself into the bigger picture, where the inhabitants are about to grow up, as it would be, there is a certain magnetism that moves out from the system.

That magnetism draws every energy that was ever involved with the system back to the system, so that every energy can be part of the evolution, or the process. So these creatures, these *creator gods of ancient times*, are drawn back here at this time because of the plan. They must participate. They must understand that their frequencies are going to be changed. They are resisting it, just like many humans are resisting, and yet, they create their own reality. And let us say, these beings, these creator gods of your last 300,000 years, they have forgotten who created them! They have forgotten their gods.

Now, as members of the family of light, you are not to judge. Your task is comprehension, and your task is pulling comprehension onto the planet... Creating a stability of energy and a power to create, simply by understanding.

Question: Do they know that we are here too, and that we are already winning the war on another level?

Answer: Yes, but they underestimate you, though, even in their own brilliance. Even in their own brilliance they have areas that would be called blind spots. Do you understand? They are so enamored of power that they fight amongst themselves.

Question: But since they know that we are here, wouldn't they want to try to take away our power? Or are they afraid of us? Or would they want to fight us?

Answer: Look at your society, what does your society do? Does it strive to empower you, or to take your power away?

Questioner: Take it away.

And so what would you say the answer to your question is? Knowing that these entities infiltrate governmental, religious institutions, and educational systems?

Answer: Well, the United States is in for a big roller coaster ride. You have the potentiality to have the suspension of your constitution, to lose many of the rights. Why? Because the humans are entirely too complacent. It is not the family of light that is so complacent. You are *systems busters*. It is the rest of the population that is complacent. That wants to sit back. That is disempowered by frequency control, through television and radio. Through all of the things that are designed to *create static* around the existing DNA.

Question: Yes, but I was talking about us light beings...

Answer: Let us say to you, you create your reality. No lizard creates your reality. Do you understand?

Question: Yes, I understand. But all in all, wouldn't they want to... They wouldn't want us to be here if they know that we are powerful. I have no fear of them. I feel like we are so much stronger. But don't they know that in a way too?

Answer: Let us say this to you... As you are representatives of the family of light within the human population, within the human drama, there are versions of the family of light within the reptilian drama. All things must evolve! Remember the Prime Creator? The original decree? "Go out and create and bring them back to me." Prime Creator is within all things.

And so, as you choose to evolve in terms of this human drama, and evolve as human, there are versions of yourselves that are in the *reptilian drama*, busting the system open from that end, within the *drama of the Greys*, within all of the *dramas of all of the humans*, of all of the players of this time, because everyone must go through frequency change, because the old frequency is not going to last. It is already not here.

That is why everything is beginning to crumble and fall apart on your planet. That is why there is no stability, because a new order will arise after a period of time.

As members of the family of light, you bring about this chaos, to bring new order. Do you understand? And if your vibration is fear, it doesn't matter whether it is public fear or private fear or closet fear, if you are going to vibrate in fear, number one: you had best not pretend that you are not doing it. If you find that you have fear, the first thing that you do is acknowledge that. "This frightens my wits out of me". "I am frightened of this". Then you can begin to work with it. Because as energy becomes so magnified, intensified as it would be, you will begin, especially as you are working with the evolved DNA, and you have an evolved system, you will create with great rapidity whatever it is that you put your emotional charge into.

Question: I feel that rather than just I create my reality, I am my reality. So that everything out there is an aspect of me. So when you speak about the lizzies, does that possibly give me a message that I haven't totally integrated my reptilian brain? Yes.

And in addition, there are several of us here who are involved in a process in which we perceive our bodies, not as bodies doing movement, but as being movement. And as we work with this process in a sense deprivation environment, and see what impulses come up, quite often deep inner experiences open up what you might call the implicate order, as yet unmanifested possibilities. Are the helix that you are talking about?

Answer: These are what would be called the information on the light-encoded filaments. Remember the light-encoded filaments are like fibers, and they have this history of your universe in them, all in your body. As you begin to evolve yourself, and as you begin to leave your dramas at the door and as you begin to simply allow information to connect from outside you... You know, you all must get quiet every day. If you are not getting quiet every day and moving into meditation/communication, you will only get so much.

You must do that and get into the practice of receiving it. Then you will begin to accept the story of yourself, and the story of your existence, and the story of your universe. Now, as members of the family of light, what you are going to show the planet, is that you are not separated from anything, that you are all one. You are all part of the essence of the Creator.

Now on your planet, of course, different powerful humans and different races of humans are all acting in separation. And you had a president at one time, clever man by the name of Mr. Reagan, and he said something about, well, perhaps *mankind would unite if we had a common enemy some place*. That is paraphrased from [a speech back in 1988](#), if we recall correctly. Let us say that the story is bigger than that. It is not for mankind to unite against something else. It is for all of Creation to unite and to work in cooperation, for all of Creation. And for this place that is called Earth to once again move back to its original plan: an intergalactic exchange center of information of incredible harmony and frequency.

Question: I have heard you say on tapes from other sessions that one should go to sacred sites, like the pyramids and Peru. Is it necessary, when you do this inner work, to actually go to these sites? Or can you let this unfold from within you, rather than having it triggered from without?

Answer: Let us say this to you... No, it is not necessary to go. In other words, if you never go to a sacred site and always spend your time in your backyard, you are not going to necessarily miss out. Intent, the ability to clearly map out what it is that you wish to experience, the intent to open your memory banks, to activate memory and the exposure to the frequency of others who have been to these places, is all that you need to experience.

In other words, enough humans have gone to the places where data is encoded in stone. The story of your planet and that stone frequency, that is a frequency of information that is not recognized, at least officially, on your planet. And the body, when it moves into a receptive state, can receive the information of this type. That is why many times humans have very interesting reaction to places that they visit. They are feeling the frequency of the history of the site.

Also, they are feeling the energy, the knowledge that was stored in the stones of the sites. All of the stones of those sites are usually granite, and there are crystalline structures within the granite. Some of them, of course, are limestone, to keep them from eroding from water. The story is built into the stone, the stone itself. It is tempered, it is fed, with devices that make sound. It used to be that humans understood the role of keeper of frequency.

If you go to Egypt and you look at the glyphs of the walls, you will see a human being sitting in their strange positions, where they are half one way and half another, and their hands will be over their heads. In between their hands is a zig zag of what would be called *lightening*. That is a keeper of frequency. It meant that the individual was capable of honing into and broadcasting a certain frequency, and implanting some structures with knowledge through frequency, and not just through the written form. So when one goes to those places, one encounters this.

An interesting thing is that there is a multitude of sacred sites that are still below the surface, or still waiting for a dimensional merge to take place. In the United States there have been many, many ancient civilizations who have participated here, many who left their remnant and these remnants have been covered and buried over quite cleverly, quite purposely, and they will begin to break surface in that ensuing 20 years. Many new discoveries will be brought about, more so than in any other time period of what you call your recorded history.

Many have already been uncovered, particularly in the land of Egypt this last year, because many have gone to break the energy, and yet this has been kept secret, has it not? In Peru was another place, there a tunnel system went under the Earth, and a very ancient civilization was introduced by *the bird people* in the [area of Lake Titicaca](#), by far older than the Mesopotamian sites, buried of course under many layers.

Your planet is an exceptionally interesting place. If only those who are receiving information would have greater freedom to disseminate it, everyone's attitude would change, because they would find that Earth was truly a place to love, not a place to simply survive.

Question: Who controls our DNA? From what I have heard, there seem to be different intelligences pulling the strings on our DNA. What I would like... I would like to control my own DNA.

Answer: Let us say, you are the one who controls it *once you wake up to that knowledge*. You see, the whole planet has been controlled in such a way that you have been taught and trained from the time that you first popped out onto this planet that you are not in control of your reality, that everything is circumstantial, that everything depends on something that you have no say in. Wrong!

You have complete control over everything. Until you discover that, and until you believe it, you are subjected to whatever anyone else wishes to do to you in this *free-will zone*. And in your innocence, you have been exposed to things that have allowed your DNA, your intelligence, and many other things to be controlled.

Question: You said that the frequency that we have been operating on is disappearing, or has disappeared?

Answer: It has been pierced at this time. In other words, think of the frequency that has limited the human experiment as like a radio station. The human experiment has had one radio station that has been effecting it for 300,000 years, the same old tunes! How do you like that? But the human experiment was unable to turn the dial to hear a different band, do you understand? The same frequency was broadcast. This creates what would be called a quarantine, a sealing of your planet, sealing it off.

The creative cosmic rays set by the *Prime Creator* and the original designers pierce through this frequency seal, and they bombard the Earth. However, they must have someone to receive them. Without a receptacle of these creative cosmic rays, they would create chaos, havoc, confusion. And so, you, as the members of the family of light, come onto this system to receive the rays of knowledge, and to disseminate the knowledge, and the new lifestyle, and the new frequency to the rest of the population, to alter, literally, the entire planet, and the way this paradigm is approached.

Question: Couldn't one go to the 10th, 11th and 12th chakras to get this information?

Answer: It will evolve within you, when you are ready. Particularly when you have finished with the ups and downs of emotional life. You see, emotion is the key to all of this. You need, as human beings, the emotion to connect you with your spiritual self. Emotion is essential to understanding spirituality. Emotion generates feeling. Feeling is the third center of the body, where the energy stopped.

In women, the feeling center stayed intact because women brought birth onto the planet. So, they were connected with feeling through life. Do you understand? Males became very disassociated with life, so much so that in most societies, men were not present, they were disassociated from the process of life. They were not present for the birth, for the delivery of life. So, it became very easy for them to make war because they were not involved directly in the life process. Women, of course, have a much more difficult time participating in war because they are so involved in the feeling center and the birthing process, even though it has been tremendously shut down in the entire species.

When one begins to clear through understanding – issues of survival, money, food, shelter – when you understand that you are provided for, simply by knowing it, you are provided for. When you begin to understand the frequency of sexuality, and the distortions of sexuality that have been presented to you on this planet – when you begin to work through these things, through the dramas of your lovers, your husbands, your children, your family – when you begin to see everything as the divine plan, you will begin to access the information of all of the evolved helix, and all of the evolving energy centers. The story will become opened to you, because you intend it. You will decree it. You will pull it into yourself. Do you understand this?

Question: In reference to [the lizzies](#), you said, sort of in passing, that they created holograms?

Answer: Ahh, someone listened here. You are clever. We love it when we throw something out and someone picks up upon it. What kind of holograms have they created?

Question: Exactly. Could you expand upon that? My understanding is that everything is a hologram... Is this all a distortion? And then the second part of my question is that in [the Bill Cooper information](#), he states that the government officials were shown a hologram of the crucifixion of the *Christ*. Now was that just a fabrication?

Answer: All right. Let us give you a little background here, and then you decide for yourself. One of the things that we like to teach you all is for you to decide. We give you information, and you decide what to do with it. You are in charge of your life. We are not.

During the last century, your planet has become very clever with its technologies, yes? Ever wonder where those technologies came from? Well, let us say there was many gifts and many influences that came from off your planet, that have been hushed up. Some information was, of course, brought down to your planet in many different ways, and the technologies brought about changes in lifestyles.

One of the changes in lifestyles would be your [cinemas](#). And a whole new way of influencing thought was brought to the planet by the industry that is called film, yes? Some of it has been for entertainment, some of it has been for education, and *some of it has been purely for brainwashing*. Do you understand? It is for you to decide what is what.

Now, being that [you are a controlled society, frequency controlled](#), your ability to create technologies is somewhat limited. In a society that is less controlled, that has greater outreach or greater travel capabilities through space and interchange between one system and another, technological advances are quite astounding. And just as you have an industry upon your planet called the movie industry, there are those who are clever in space, in the cosmos, and they have what you could call the holographic industry. And they make holographic inserts.

They make dramas that look just like they are real. And they insert them, through portals, onto your reality. Now, you can understand that since these space beings have been around for so long, hundreds of thousands of years, and mankind's frequencies has been controlled, it is quite easy to hoodwink mankind. Yes? Quite easy indeed.

We talked about [the portal in the Middle East as being a dimensional doorway](#), an entryway onto your planet, a way for certain energies to find civilization.

Let us clarify something here. When you leave a planetary sphere, and go out into space, once you traverse certain belts of consciousness, you must find the proper portal to come back onto that planet in the precise time period, or corridor of time that you are looking for, especially if you are looking for the one that you left from. Your scientifics have discovered this in some of their shots into space. Without the help of off-planet beings, your space program never would have gotten anywhere, because you must find the portal to come back. [There are different portals in different places](#).

There have been beings that have been lost in space, because they could not find the portal. It is the same thing when you go to a planet. If you do not find the portal, and go through the portal that would allow you to have a dimensional merge into their corridor of time, you may enter a very desolate, barren place that looks as if nothing exists there. Do you understand? This is how systems are kept locked, how they are kept intact, how they are prevented from being raided and taken over. Does this all make sense to you?

Now, you have portals in the Southern continent, portals in the North American continent, you have portals, of course, over Asia, China, and the huge portal that we are presently discussing is [the portal in the Middle East... It is gigantic](#). Many holographic inserts, dramas, were inserted through that portal to effect the minds, to effect the beliefs of the population.

Be aware, being that this portal is in the midst of crisis, and that it is being fought over, that it is prime for holographic inserts. It is prime for a belief system to alter this chaotic world, to enter and to get everyone to move in a different direction. Be aware of your feeling centers when these kind of events begin to occur on your planet.

Question: Could you give us an example, then, of something that has occurred in the [Middle East](#) that has been a holographic insert?

Answer: All right... *The crucifixion of the Christ*.

Question: It never really happened?

Answer: [It did not happen in that way](#)... In other words it had a parallel reality, and that is not the reality that the *Christed one* came into play, the drama that was played out and passed on historically to you. That is an example of a holographic insert. In other words, a version of this entity's life was molded and designed into a holographic entertainment movie, and inserted and played out as if it were real.

- Now, do you begin to understand why you have come here to bust the system?
- Do you understand how complex frequency control is?

- Do you understand how fine and thin reality is?
- Do you understand how available reality control is to the human species if they would begin to harmonize with one another?
- And if they would begin to act as if they were all provided for, and to believe it?
- To create through their minds?

What we want, more than anything else, is to see you, as the members of the family of light, to succeed in liberating the humans.

Question: I would like to know what particular holograms those of you of the Pleiades have been providing us?

Answer: You are very clever!

Questioner: Well, everyone plays this game, I assume!

Answer: Of course! Yes, of course. Because, remember, it is a free-will zone. If you can remember that you exist in a free-will zone – we will get to your question in a moment – if you can remember that you exist in a free-will zone, you can relax. Nothing is going to happen to you, because you are in charge. As soon as you do not live that, and do not believe it, then you move out of charge.

Now, you want to know what, in our cleverness, what we have been up to. Well, we were involved in giving our DNA – not we, but our *ancestors* – were involved in giving information – **DNA** – to the original planners. We have been greatly affected by the frequency control that has been taken over on the Earth for the past 300,000 years, we have been greatly affected.

Whole sectors of the galaxies are under stress and strain at this time, because there seemingly is a war of opposition... Polarities... What we call the white t-shirts and the dark t-shirts, good guys and the bad guys, the forces of light bringing information, and forces of darkness withholding information, withholding the story. That is all that the forces of darkness are... They don't tell the truth.

All of this brings about a change of frequency, a need to evolve, a need to grow. During the last 300,000 years, we have, as *Pleiadians*... Certainly not our group, we are a new experiment... Certainly, our ancestors have been up to their shenanigans on your planet, bringing a history and a memory to different cultures to different groups.

We are associated with energies within the creative process that comes from a family of bird creatures. If you study ancient history upon your planet, you will understand, that just as the lizzies have been part of your history, the **bird creatures**, the bird men, the bird gods, have been a part of your history as well. We have been representing, supporting, and guiding the evolution of the bird consciousness on this planet in many different places. And so our inserts, as it would be, are designed around their dramas. Do you understand?

Question: You are saying that your own holograms bring in the symbol of the bird as a light-bearer?

Answer: Well, if you look into your cultures that had some vestige of understanding the Earth, even though they only had two helix, there were those who came from space, and who worked in many different ways with the different cultures, and used the energies of the Birds, *the winged creatures*. You can look at your Southern continent, South America, you can look in your Native American continent in North America. You can look at the drawings on the walls in Egypt. You can go all over and see the signs of birds and the signs of reptiles. To make the story older, we will say to you that at one time the Birds and the Reptiles even worked together.

And then the Reptiles fought the Birds. The story is much bigger than just *Reptiles* and *Birds*, but at this point in your ability to comprehend information, we speak in the easiest way that you can get it. As soon as the picture gets bigger, and as you comprehend it, you make the story larger, because you remember the history.

Question: I am not clear from what you are saying whether those were actual visitations or whether they were holographic inserts?

Answer: Let us say that sometimes they were holographic experiences, when they sought to influence a large group, in other words especially a viewing in the sky ...

Question: So in other words, *a UFO could well be holographic?*

Very well. And yet teachers would come down and work, in what would be called a physical body, sometimes. And sometimes there would be simultaneous holographic inserts of one individual designed in many different fashions, simultaneously in many different cultures at one time. That is why some of your gods are parallel from one corner of your world to another, where there was no contact.

So, it has been complicated, what has been going on here. Some of you have studied what would be called your *UFO scientific*s. They love to fight and pick at each other. They love to discredit and argue and create chaos and confusion. Some of them have begun to figure out that this UFO thing is more like a phenomena. You see, part of the problem of the UFO scientifics is that they cannot remove themselves from this paradigm. They must define everything according to their own experience, rather than looking to parallel or different complete experiments, and then learning to plug into them to see what they are, different laws.

So, for example, many of the sightings that are presently being seen in Yugoslavia, are holographic inserts as well. Do you understand what a holographic insert is now?

Question: The *children of Fatima*?

Answer: Yes, a holographic insert.

Question: Who is sending them?

Answer: Well, that is the question, who is sending them?

Question: So basically it for us to determine who is sending them?

Answer: Yes! You see, it is not our task to say to you, "this is good, this is bad, don't go here, don't do this", etc. Although we do say to you, one of our big don'ts, is don't watch television. If you wish to evolve, you do not even want to own one, you do not want to even have the appliance in the house. Do you understand? And if you have it, unplug it, because it will jam your frequencies over, and over, and over again. So, that is a don't. And that is a hint. We are saying to you that if you do this, you can move along much more quickly.

So, what we say to you, we give you the story, or we give you portions of the story so that you can figure out the rest, and then we teach you the methodologies of how to deal with what your reality is. And then we set you free to do it. Do you understand? We encourage you to go do it on your own, to come up with your own plan.

The best way to determine anything is to check the feeling center and see how you feel about it. Your feeling center will always answer you with clarity, if you begin to look there. The difficulty can be how to quiet the portion of the mind that likes to be in charge to make decisions, and to allow the feeling center to be the area where decisions and perceptions are made. Because, you cannot go wrong from there, if, of course, you understand these feeling centers. If you are all paranoid, and if you have many defenses, then your feeling center will not work for you. It will get you into more trouble than it will do good.

Question: As I see it, part of our individual laboratories have to do with our relationships with the family that we have created in this dimension, and it has to do with cleaning the emotional centers, so that as a radar screen, it is accurate.

Answer: Yes, because it can be impeccable. Let us say something here. The mental body and the physical body are very linked. The emotional body is linked with the spiritual body. The spiritual body is, of course, the body that exists beyond the physical limitation, nonphysical. So, you need the emotions to comprehend the non-physical. That is why emotions have been so controlled upon this planet. You have been allowed very little room emotionally.

You have been encouraged emotionally to feel powerless or frightened. If your planet would begin to encourage every member to begin to feel safe, to feel provided for from the time that they were born, and if your planet was to honor each member as it was born as well, that every time a child entered onto the planet, it was well – well through power of mind and conscious intention to create in the harmonics of peace – it would be an absolutely incredible place. It wouldn't take long. All it would need would be a re-education of the value of the human being.

Question: We are in the process of re-educating ourselves. We also need to re-educate our children...

Answer: Now let us say this about the children... Many of them came in with their memory banks more intact, their DNA more evolved than yours. We say that they came with their codings fired. The others had to fire their codings. In other words, the code is in the DNA. And as family of light, you had to actively do something to develop that knowledge, to bring that knowledge, that code forward, and to begin to live it.

Now, those of you who have been active for 20, 25, 30, 50 years, some of you, you can look now and see someone make progress in an afternoon. It is because you have altered the frequency and made it available and everything happens much, much, faster. It cannot happen too fast, otherwise it would destroy the human. The frequency would be too much for them. The nervous system must evolve as the DNA evolves, to handle the **electrical current** as it is transmitted throughout the body.

The children know many, many, many things. As we like to remind our audiences, you were all very clever when you were children, and you certainly did not tell your parents everything that was going on with you. Don't expect the same. Be aware. Many of the things that you would worry about and fuss about, your children will not tell you. Be aware that many of you will understand that ten years from now. There will be an incredible rise of power amongst children. Many of them will seem as if they are mere babes to you.

As they learn to gather, and as they learn to harmonize their frequency, and alter vast sections of your planet by peacefully making harmonics, through sounds and through silent sounds of group mind... Many of these children are fully capable of *telepathic communication*. So let your children go. Trust them. You must learn to trust yourselves. You must learn to stop being suspicious. You must learn to trust the integrity of who you are and to trust that you are part of the divine plan, that you are guided.

Question: As we hurl into the fourth dimension, this transition, are we going to be leaving behind the logical mind? And in so doing, will we become more receptive to the Christ energies to integrate within our beings?

Answer: The *Christ* energies are simply light frequencies. It is one example of what would be called a liberator of frequencies. And yes, those frequencies will become prevalent, to move into dimensional merges. For some, they will be dimensional merges, for others they will be dimensional collisions. What is the difference? What do you think?

Questioner: One's perspective... One's attitude.

Answer: Yes, very good. Also how much frequency one holds... How much light one holds. See, when light is brought into the body, it fires your light-encoded filaments, and helps re-bundle the DNA. There is a frequency change. Frequency is what you know... Frequency is your identity.

There have been periods when many different dimensions existed upon your planet at the same time, when that was much more common. In the last 1,000 years, there has been a receding of many different dimensions, as great chaos and further darkness came over the population. Now these dimensions, these other realities, these places where the laws of existence are a bit different, are returning. You help them return. You pull the dimensions onto your planet and make what is called a dimensional merge.

Sometimes you move into these dimensions, and you do not recognize that you are in them. You are in an altered state, particularly when you go to what would be called a sacred site on your planet. You move into a different dimensional frequency, everything changes, you feel uplifted, you feel full of energy, or you feel sick to your stomach. Something goes on. You move into an altered state. And yet, since you are in it, you do not always know that you are in it. That is the beginning of dimensional merges. When you return home, or you physically relocate yourself, you look back and say, "Wow, that was incredible, what happened there?" It is the beginning of the feeling of experiencing different dimensions.

Dimensional collisions are another story. For those who are gripped with fear, within the human population, whose purpose was to be on the planet at this time to experience the changes, for those who, even though they came here to experience the changes, they

refuse to change, they will experience these dimensions as collisions. Because they will not be able to merge with them. They will be like a solid wall of cement, kicking another solid wall of cement.

And so what will occur on this planet for many, is there will be a great discomfort, and this already is occurring on a very small scale, a discomfort in the nervous system. And there will be disease of the nervous system simply because of the *refusal to evolve*. Refusal to change one's stand of oneself and one's reality. And all of you who are working with humans, in all of your capacities, whether you are medical, or body workers, or teaching, or music, or whatever, understand that this is the human dilemma, the need to shift the definition of self and reality.

Question: What I am perceiving, is it illusory, is it delusional? I sense that I am looking at the inanimate, hollow, robotic, synthetic humans, and I puzzle. Am I seeing a reflection of myself, or am I really seeing...? It makes me back off, because I observe these people for being imposters.

Answer: Let us say that what has happened, and this is not uncommon at all – it is good that you have brought this up, it is good that the questions that are spoken to us from one end of the country to the other are the same, it shows that you are simultaneously evolving. What has happened is that you are no longer asleep. You have disassociated yourself from the controlled population, because of the blueprint inside of you, because you came here to disassociate.

You came here to be a part of it in order to understand the human dilemma, but then you came to wake up, to receive all of the information, to be a receptacle for the creative cosmic rays, and allow this process to change you. What has happened now is that quite subtly, moment by moment, you have changed so much that everything begins to look different to you. And you begin to see through the illusion. *You begin to see through the control of frequency on this planet.*

Most humans, particularly in the United States, subject themselves to either *television* or *radio*. These are the two methodologies that were instituted almost 50 years ago for the sole purpose of controlling human frequency. It has been a very successful marketing plan very, very successful.

Question: Does this involve computers also, because I love computers, and I work with them every day...

Answer: Let us say this to you. It is not that *technology is bad*. There is nothing wrong with technology. But it is how technology has been used upon your planet. Check your feelings. Check your clarity.

It is very easy for you, as humans, to convince yourselves that you are just fine. Our vehicle (Barbara Marciniak) was saying to her friend on the way over that when she goes into New York City, and when she goes into Washington DC, the humans there don't think anything is wrong. They don't want to hear it when we say to them, "This is not a healthy environment, you are being synchotronically blasted, it is a good time for you to leave". They say "No we are not, we are just fine". They are in extreme denial over how clear they can be.

If you want to get clear, if you want to understand yourself and your Universe, go spend a week or two free from electricity, in a place of nature, where you are nurtured, and you are having a good time. Where there is no stress for you from anything. Then you begin to see what you can accept for yourself. In the mean time, go and sit and hug a tree. Sit in a park. Get close to Nature, and begin to see the ability to transmit, how it comes through when you are next to Nature, versus how it comes through when you are next to a controlled technology.

Question: But there is no way that we can escape the use of computers, and this is true more and more. I work for a small company, and we work on computers using a word processor and we develop illustrations on computers.

Answer: It is a fine technology. And one day it will be a loving technology, not a *manipulative technology*. See, it is made available to the public. The public uses it in innocence, not understanding the great manipulation that was and is behind it.

Question: But if manipulation creates karma – cause and effect – don't the manipulators realize that they are doing the manipulation to themselves? That everything they send out into the Universe is going to come back to them?

Answer: No, of course they do not. They have not figured that out yet. They are beginning to now, especially your honorable [President Bush](#), he is beginning to realize that all he has set into effect is beginning to turn around at him.

Question: But some of those beings – the creator gods – are very intelligent beings. Don't they realize the obvious?

Answer: Let us say this. On your planet, it is assumed that because someone is *intelligent*, they are *spiritually aware*. Absolutely a falsehood! In other words, one can be brilliant, one can learn to transcend human laws, and one can still not operate with the frequency of love. You see, the light frequency brings information. The love frequency brings creation, and the respect and connection to all of Creation. The love frequency by itself can be very crippling – if you think that the frequency is outside of yourself, you can do what has been done on this planet over and over again: worship someone that is promoting the love frequency as if they were a saint.

The ideal is to carry the light frequency of information, to become informed, and couple it with the love frequency that will allow one to feel a part of all Creation, and to not judge it and to not be frightened by it, to simply see the divinity of it, the perfection of it, as it evolves to teach every included consciousness about itself.

Question: Why is it that when we live in certain places on the physical planet, that we feel in touch with certain magic in our lives, and why in other places we don't?

Answer: Let us say this to you. Just as we said that there are portals, major portals where civilizations, intelligences, enter your planet to make an effect upon it, there are different portals that have been built by those who carry light frequencies. And some of those [portals](#) allow a tremendous amount of uplifting energy to come through. And once you live in a place like that, you become so used to the energy that when you are moved from it, you notice the difference.

Now in this area of the world that you are living, Northern California – California has agreed to carry a certain frequency of change for the planet. Do you understand? California can be epitomized as another planet on the planet Earth. (laughter) This is its purpose. There is

no place on the planet like California. It has a certain frequency, a frequency of creativity. It is giving its creativity in a free-will way. California has more creativity and more free-will than any other place.

However, within that free will, and within that creativity, is not always light. And so there is a stress, and a pulling, and a pushing of control for many things in this area of creativity. In other words, you have many power mongers, and many light bearers living here at the same time. When you enter this place, and especially if you enter an area that has been flooded with light, you begin to feel that change, to feel the difference in what has been made available to you.

Then you can go to [a place like Washington DC](#) and stay there for a weekend, and notice the frequency there. As you become more sensitive, you notice how different everything is everywhere. And you will find that you will be led to places to broadcast your frequency, not to rent a megaphone and stand on the street corner, but to simply live who you are, to go into the malls, to go into the shopping centers, to go into the movie theaters, to walk the streets, and to make available your electromagnetic frequency, because it is.

Question: There is a book that I read recently called [The Return of the Bird Tribes](#), by [Ken Carey](#), and this book gave me the same feeling as the first time I heard one of your tapes.

Answer: Other people have said the same thing.

Question (Cont): It is nothing that I can articulate beyond saying that it stirred a sense of memory.

Answer: Let us say that you are right on track.

Question (Cont): ... In hearing you speak, this is the first time that I have ever heard [the Pleiadians](#) referred to as the *bird people*, and it is amazing the connections that have been made for me.

Answer: Let us say that *we are not necessarily the bird people*, though we work with those who are of the creator god rank of bird people. We have many friends, many colleagues. Many who exist in space have become quite interested in our project, and our effectiveness on your planet, so we have a large contingency of **Pleiadians** plus energies that are available to work with us and many others.

Question: I feel a relationship to the bird people, and the concept of the angels...

Answer: Yes, they are associated, absolutely. Now there is a question as to *who some of those angels are*. You must understand that in the terms of your Bible, some of these that were called angels were called angel because, if you understand the derivatives of words, and that breaking down of words in different language, the word angel refers to one who was able to move in the heaven. And let us say to you, with clarity, that many of those were called *angels* because they could move through the heavens, not because they were what you would call *angelic beings*. Get clear on your definitions. And get clear of how you have been hoodwinked with terms and how you have conceptions of ideas where you define a whole existence of yourself based on a word like angel.

In actuality, many of the reptilians, as they came to mate with their own creation, were space beings. They were not the *angels* that we believe you were referring to in connection with the *Bird Tribes*. There have been beings who have been quite literally half bird and half human. Look at the *god Horus*, from Egypt... The Earth history is fascinating!

Question: You were talking about radio frequency and TV frequency, about the negativity, that certain negative frequencies can be transmitted to us... But it comes to mind that it is also a medium through which positive energies can be transmitted?

Answer: Just like computers can be used in a positive manner, it depends on how it is used. It depends the intent that is behind it. We are saying that for quite a few years, the intent behind your television was to create a nation of automatons, to create a nation of humans addicted to the frequency that was broadcast to them, so that even if they didn't like what they were seeing, they would still stay there, that it would immobilize you and keep you from thinking.

Question (Cont): But if the positive forces are starting to use it as a medium...?

Answer: Let us say this to you. It is one of those paradoxes where on one hand liberating information is broadcast through a disruptive frequency. So there you are... You are watching television, and some television show is telling you all about how uplifted and how unlimited you can be, while subliminally you are being hit with a frequency that keeps you from original thinking, that keeps you immobilized, that keeps you in a survive/arrive/be on time/be silent/go to work society. We are seeing very little good in the frequency of television. We recommend that you do not expose yourself to it.

As a matter of fact, if you really wish to evolve, we are serious, *do not read your newspapers, do not listen to the radio, and do not watch television*. If you are able to be media-free for periods of time, and you disengage yourself from the frequency of chaos, and anxiety, and stress, and hustle-bustle, and temptations of all kinds that you don't need, you begin to get clear. You begin to listen to what is going on inside of yourself. You begin to be able to live of the world, and not necessarily be lost in it. You will become clear. We cannot re-emphasize this enough!

Everyone wants to argue with us for their last stand, "how about this", or "let us watch this one program"... Argue for all of the television you want, but we are saying that as you travel around the world, and you go into third-world countries where they do not have bathroom facilities, where they do not have running water, where they do not have stoves and refrigerators, they have television. We ask you, what is behind it?

Of course, if you were in a society that really cared about its members, they wouldn't give you television. If you were in a society that really valued its members, everything would be given to you in a way that would bring you wholeness, not craziness. Television also promotes inactivity, it promotes a sedentary life, it promotes an obese life. Look around you. Wake up, humans!

Question: I have a question regarding *subliminals* and *compact discs*, and I am not referring to rock music. I have a large collection of mostly classical and new age music, and I used to love to listen to them. But during the past couple of years, I find increasingly that music aggravates me, not all of the classical and new age music, but certain ones. Are they putting programming in...?

Answer: There is sometimes stuff that is being layered in, unfortunately. Our vehicle (Barbara Marciniak) has gotten herself into the situation where she can listen to very few things.

Back to the television idea, we will say that even when the television is not on, in many instances it is set up to create a distracting frequency, to broadcast something. Your *microwave ovens* are used in ways that you have not figured out yet either. Be aware. If you do not feel good about something, if it creates a static and nervousness within you, stop it. Remove yourself from it.

What happens is that as you change, you become more finely tuned. You become a more sensitive instrument. Do you understand? And so it shows you that before, what was around you... You were so dense that it would hit you and effect you and keep you in a more lowly vibration, and you were not even aware of it. Now as you become clear, as you change your diet, especially as you drink more purified water, because water acts as a conductor of electricity in the body, also as a purifier...

Everything begins to alter. Everything is sped up, time is collapsing. Cosmic rays are bringing a great energy onto the planet, and the **DNA is evolving**. So, all of you are going to experience great sensitivities. You will find that the food that you loved one or two years ago, you don't like them any more, because you are so sensitive to the frequencies that go into the food, that you cannot eat them.

Ohh, you will find this tremendously so... Our vehicle (Barbara Marciniak) sometimes wanders around without any idea what she wants to eat, because nothing looks good to her. That is very common, that is part of the process. What you could just grab and eat before, you cannot do it anymore because you are so sensitive, particularly to animals, the vibration, the fear that is in the animals that come out in food.

That is one of the largest ways of affecting the human population. It is diabolical. We will say that again, it is a *diabolical way of affecting the human population by feeding the humans, animals who are in fear and anxiety as they are killed*. There is nothing wrong with eating animal flesh. The animals were designed here to be companions for you, and if necessary, part of your nurturing and your survival.

To work with the animal, to ingest the animal, was actually an honor, to become one with it. It is the fact that you are so separated from life and from consciousness that you act as if the conscious life that is not treated well when it is killed, that you can ingest it and nothing will be lost. No!

So, expect many things to change. You say, "well goodness, my life is going to change so much". Yes, drastically! More so, if you think you have gone through changes in the '80s, this is the unnamed decade: the decade of the '90s, it will be so fantastic, there will be no way to define it. We are excited about it!

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